



Gluten-Free in a Gluten-Filled World

Ginny Naughton, Sophomore
Reporter

My mom was diagnosed with celiac disease, a genetic gluten allergy, around the time school began. As a necessary precaution, we emptied the house of all wheat products. Goodbye loaf of bread, cereal, pasta. Ciao tortilla shells, you surprising carriers of gluten! All items containing wheat or potentially cross contaminated went out the window. Ridding the house of crackers and Oreos was, of course, only the tip of the iceberg.

Celiac disease is hereditary. While my sisters and I were asked to hold off on dear, precious gluten until our tests, it didn't help that I was starting to demonstrate celiac symptoms and the request of going gluten-free had become full on necessity. By now, my mom and I have been (mostly) wheatless for a month and a half. For anyone interested in joining the new "health" movement of ditching gluten, or anyone simply curious, this is what it's really like to survive in a world dominated by something you can never eat.

1. The smell of brownies is intoxicating. In fact, the sweet aroma of those gooey, chocolate delights is almost as irresistible as the scent of bacon... especially if you can't have them. Pro tip: Never, ever be present when your friends are baking them lest you wish to face the greatest temptation (and subsequent illness) you've ever experienced.

2. The above applies to pizza as well. Some places will make gluten free pizzas upon request; however, there's often no buying by the slice. If you're planning on going gluten free, your squad's after school Vesuvius stops will no longer be joyful but rather filled with the deepest of envies. Pro tip: there's no gluten in the cheese that falls off your friends' slices (of heaven), so feel free to snatch some from your family.

3. You will have to pack food in the occurrence of a sleepover or extended stay with your friends. Dinners made by us teenagers usually involve noodles or pizza, so bring gluten free Annie's mac and cheese that's light and quick to make. Breakfast foods are notorious for being baking and wheat related, so bring one or two Kind bars and hope you can make eggs in the morning on your friend's stove. Pro tip: when in doubt, hit up Dunks and grab a hefty coffee. Filling, delicious, cheap, and no gluten.

4. It's extremely difficult to find replacement products like gluten-free bread, cookies, etc. After much trial and error, my family has found plenty of great replacements and substitutes. For example, we discovered an amazing gluten-free scone mix, and they're little fluffy clouds of breakfast perfection (especially when you put honey on them). Pro tip: Most of the breads are found in the freezer aisle. I heartily suggest Glutino brand.

5. The gluten-free diet is not just giving up bagels and cake. I can't have soy sauce or gravy. Most fried foods are cross-contaminated, so are off the list. If you're embarking into this lifestyle for non-medical reasons, consider yourself lucky that you don't have to read nutrition labels for any and everything as my mom is required.

6. It also has a reputation in the internet health community for being some kind of miracle diet. Of course, it's really only a Miracle Worker™ if you have a gluten intolerance or allergy. If you do, it can improve mood, energy, skin issues, and more. If not, it truly won't make a difference, so be thoughtful before you join the fad. It's much harder than it seems.

Yearning to Breathe Free

Jack Krivit, Junior
Reporter

Thanksgiving has always been a special holiday in our home. It brings to mind some wonderful lessons that have been passed down through my family. As the descendants of immigrant Jews from Eastern Europe, we have learned to be grateful for the bountiful life that America has afforded us.

"Give us your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door."

These words by poet Emma Lazarus stand at the base of the Statue of Liberty, a gift from France, and have welcomed new immigrants into the United States for generations. To my family, this is what America is all about. Sayid Ahmadi is a 33 year old man from Damascus, Syria, and amidst the religious divide and civil war devastating his country, we've invited him to our house for Thanksgiving. In 2013, Sayid survived the bombing of his neighborhood, but lost his wife, Sara, while trying to escape. Following this attack and many others, Sayid and his two daughters, Rasha (age seven) and Liliane (age three), fled to a refugee camp in Za'atari on foot. There, they were among tens of thousands of similarly displaced Syrians caught in a dangerous civil conflict. Before the evacuation, Sayid was a mechanical engineer, but now he is struggling to support himself and his daughters doing any work he can find. In the storage shed where they have found shelter, they are without clean drinking water and Sayid finds it difficult to get food for his young daughters. Every night, Sayid worries about what his daughters' futures will be like, considering that Rasha has not received proper schooling for almost two years. Sayid's grandfather's cousin came to America from Syria many years ago, and this cousin's son became very famous. His name was Steve Jobs.

As the Thanksgiving season approaches, Congress is debating how to control the situation in Syria. There are many U.S. representatives who are strongly opposed to the idea of the Ahmadi family coming to spend the holiday with me. Our own Massachusetts Governor Charlie Baker has expressed that he will do whatever he can to close the door to refugees like Sayid, Rasha and Liliane. This brings to mind the tragic story of the MS St. Louis, the passenger ship that carried hundreds of Jewish families out of Nazi Germany and was denied entrance to the U.S. by Americans who were too afraid to accept these people in need. All were returned to Europe, and many lost their lives in concentration camps due to their ethnicity and situation.

When my family sits down at the table on Thursday, we'll be thinking of our relatives who escaped persecution and risked their lives on a dangerous journey so that we could live in peace and prosperity. We are very grateful not only to them, but also to all of the Americans in their day that made it possible for our family to be new immigrants. We've asked Sayid and his daughters to join us at our table on Thursday, and we are hopeful that they will be able to come.

Berkshire Girl Relocated

Emma Szalewicz, Sophomore
Reporter

Moving from the Berkshires to Marblehead was a big change. I plan to name all of the amazing places in the Berkshires. Ioka Valley Farm is in Hancock, Massachusetts, my hometown. Hancock is a ski town, home to the well known Jiminy Peak Resort. Established in 1936 and nestled among the Berkshire and Taconic Hills in the beautiful Hancock Valley is Ioka Valley Farm. The family farm is owned by the second and third generations of the Leab family. Don and Judy Leab, the second generation of the Leab family, run the farm alongside their son Rob, his wife Missy and their 16 and 12 year old kids, Josh and Martha. If you have never been, it is definitely worth the trip and will be a highlight of your Berkshire Adventure.

Ioka Farm is a farm of all seasons. Anytime in the year, you can always visit their animals in the barn. You can see Chewy, Brownie, Max, Marshmallow and the other bunnies, pigs, goats, such as Nellie, and sheep. There is also a herd of cows, chickens, ducks, llamas, and guin a hens. In the fall, the farm hosts pick-your-own pumpkin and Indian corn events and free hayrides. They also have pre-picked pumpkins, squash, and gourds for sale. In the gift shop they have homemade apple cider donuts, pumpkin whoopie pies, caramel apples, cookies, pumpkin accessories, decorations and more. Uncle Don's playground is open, too. It is filled with fun slides and more. In the sugar house, you can learn how Ioka makes all of their delicious maple products, including some of my favorites like maple butter, dark maple syrup, maple coated peanuts, maple lemonade, and maple cotton candy. The Calf-A is the old calf barn that was renovated into a cafe/restaurant and serves great lunch food in the summer and fall and amazing breakfast February through April.

In the winter, there are pick-your-own Christmas tree and pre-cut Christmas tree events, along with a variety of other decorations sold, including handmade wreaths. The first weekend in December is a very special weekend because Santa comes for Breakfast with Santa! Families enjoy pancakes with Ioka's maple syrup while visiting with Santa.

In the early spring, visit Ioka Valley Farm's Sugar House and watch the sap flow from the trees through transparent tubing, into the sugar house, and boiled in the evaporators. You can go talk to a real sugar maker and ask your maple questions. Spend some time enjoying the sweet aroma of the maple sap boiling in the massive evaporators. The Sugar House is open to visitors whenever the farm is boiling, typically mid-February through early April. Meanwhile, taste Ioka's pure Maple Syrup on their delicious homemade pancake, waffle, & french toast meals in the Calf-A. The breakfast is a real "farm eating" experience, complete with choices such as buttermilk, blueberry, pecan, and chocolate chip pancakes, homemade corn muffins, bacon, sausage, homemade applesauce, and the Dream Sandwich. You definitely won't be disappointed when visiting Ioka Valley Farm, especially if you say that Emma Szalewicz sent you!

Eat Well Kitchen

Korey Cohan, Sophomore
Reporter

As fast-food places become increasingly more common, it is hard to come by a store which provides both a healthy and tasty combination of foods. It has been a growing concern that has been shared by many news stations. ABC news reported on this issue saying, "Americans shelled out more than \$110 billion on burgers, fried chicken, and the like in 2000, compared with \$6 billion in 1970." Now remember that was in 2000, which would only mean the numbers are still rising due to the recognition companies can get using television and ads on popular sites such as YouTube. Luckily for the people of Marblehead, this past summer a new store called Eat Well Kitchen, located at 40 Atlantic Avenue, opened and is already making an impact on our community. Eat Well Kitchen is one of the rare places which is able to create that healthy and tasty combination. Their menu has something for everyone, ranging from cold refreshing real fruit smoothies to hot soups for a cold winter day. Also, they offer sandwiches and salads made to your liking with quality ingredients. The menu was made to appeal to kids, teens, adults, foodies, and the health-conscious crowd. They use local products whenever possible and offer gluten free and vegan options. Eat Well Kitchen has a unique way of offering "fast food" that is home cooked, healthy and delicious. According to co-owner of Eat Well Kitchen Jennifer Logiudice, "By showing customers that healthy foods can taste good, we can help change the way we think of fast-food." They wanted to have a quick stop for healthy food but, as Logiudice said, "It had to be delicious."

What's On the Board

Here's what's new this week on the MHS Headlight Bulletin Board:

Current Events:

Conservative Mauricio Macri wins Argentina presidency

Conservative Mauricio Macri has been confirmed as the winner in Argentina's presidential elections after his ruling party opponent conceded.

With almost all votes counted, Mr Macri led Daniel Scioli by 51.5% to 48.5%. He danced on stage at a victory rally at his Buenos Aires headquarters and thanked his staff for their support.

Mr Macri's victory is the first in more than a decade for Argentina's centre-right opposition and ends the 12-year rule of the Peronist Party.

"Today is a historic day," said Mr Macri, addressing thousands of cheering supporters. "It's the changing of an era."

Sunday's victory completes a turnaround for Mr Macri, who is currently mayor of Buenos Aires, after he lost in the first round of voting to Mr Scioli.

But Mr Scioli, who is the governor of Buenos Aires province, did not command enough of a lead to win the vote outright, forcing a run-off - the first in the country's history.

Source: BBC World News

Quote of the Week:

"Don't be afraid to give up the good to go for the great."

- John D. Rockefeller

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